

**Yoga****\$59**

This introductory class will introduce participants to the basics of yoga. The session will focus on breathing and loosening asanas, standing, seated, supine and prone asanas, and relaxation techniques. This is ideal for participants with no prior yoga experience or for participants interested in getting back to yoga after a break. Accessories such as a yoga mat, foam block, and a yoga belt are recommended.

*Instructor: Gopalakrishnan*

Course #	Day	Date	Time	Age	Mtg.	Loc.
294.2.600	T	9/16-10/21	5:30-6:30pm	18+	6	WSJ

**Intermediate Yoga****\$59**

If you already know the basics of yoga or have attended a few beginner yoga sessions, this class is for you. In addition to breathing/loosening asanas and relaxation techniques, this class will include surya namaskars (sun salutations), inversions, twists, backbends and pranayama. Accessories such as a yoga mat, foam block, and a yoga belt is recommended.

*Instructor: Gopalakrishnan*

Course #	Day	Date	Time	Age	Mtg.	Loc.
294.2.601	Th	9/18-10/23	5:30-6:30pm	18+	6	WSJ

**Watercolor****\$89**

Enjoy the wonderful world of painting by exploring the flowing medium of watercolor. See and translate the world around you in an easy and satisfying process. Each student may choose from a great selection of resource materials provided by the instructor. You may complete 2-4 paintings in this course. All levels and experiences encouraged. The instructor will be working with each student one on one. Material list will be provided when you register.

*Instructor: Le Baudour*

Course #	Day	Date	Time	Age	Mtg.	Loc.
294.2.835	W	9/17-11/5	6:00-8:00pm	18+	8	CYP

**Beginning Square Dance****\$14.25 Monthly**

This beginning square dancing class will teach you all the steps, moves and techniques needed to get yourself moving on the dance floor. This class meets the first 3 Wednesdays of each Month.

*Instructor: Woods*

Course #	Day	Date	Time	Age	Loc.
256.2.722	W	Ongoing	2:00-4:00pm	50+	WSJ

**COMMUNITY NIGHTS****Drop-In Indoor Model Airplane Flying****\$8 Adult (18+),  
\$5 Youth**

Fly your free flight model airplanes inside a building, free of outside control. If you need an indoor location for your free flight model airplane, need advice on getting started in a fun and educational hobby, want help with adjustments/repairs, or just want to see the planes fly, come join us. We attract world class and beginning flyers. Experts will be on hand to help you select, adjust and fly your plane. **Location:** Moreland West Gym

*Instructor: Young*

Day	Date	Time	Age	Loc.
Su	Ongoing	4:00-8:00pm	5+	MW

**Drop-In Badminton****\$5 Adult (18+), \$3.50 Youth**

Saturday Evenings · Session I - 6:30-8:00pm · Session II - 8:30-10:00pm  
No Spectators

**Starbird Youth Center****1050 Boynton Ave., San José 95117****Phone:** 408-984-1954**Supervisor:** Raymond Hidalgo**Email:** raymond.hidalgo@sanjoseca.gov**Bus Lines:** 25**Types of Programs:** Afterschool recreation, sports leagues and special events for youth (middle and high school age students).**Youth Advisory Council**

Want to be a leading advocate for youth? Or want to earn on community service hours? How about socializing with other youth from all over the district?

**Starbird Youth Center**

Looking for a cool place to hang out? Well, look no further. The newly built Starbird Youth Center is the place to be for middle school and high school students. The youth center is a fun, safe place for teens to hang out, meet new people, and participate in many different activities. The new youth center has a classroom, computer lab, lounge area, game room and a large enclosed patio. For more information call 408-984-1954.

**The Youth Center offers:**

Movie Night · Xbox · Playstation · Computer Lab · Arts&Crafts  
(2) Pool Tables · Air Hockey · Foosball · Ping Pong · Sports Workshops  
Classes · Field Trips · Special Events · Patio Area · Game Room  
Board Games · Homework Assistance

**Grades:** Middle School & High School Students**Days:** Monday-Friday · 2:30-6:00pm**Friday Night Open Gym****6:30-9:00pm**

City of San José Moreland-West Community Center offers a free open gym program for Middle School and High School students. Come join friends (and make new ones) for fun on Friday nights. Activities include basketball, board games, and a social area. No cost for this activity.

**Movie Night**

Scheduled to be announced please contact the Starbird Youth Center at 408-984-1954.

**Girls Club - *New*****Free****When:** Wednesdays 4:00-5:30pm

All middle and High school students are welcome to join the Starbird Youth Center new Girls Club. The club offers arts and crafts, gain leadership skills, guest speakers, field trips, and participate in community events.

**"Parents Night Out" at Starbird Youth Center!**

Parents - It is your time to take the night off and drop your child at Starbird Youth Center. Parents Night Out consists of leaving your child in a fun and safe environment, in which your child will be supervised by City of San José Recreation Staff. In addition, we will provide dinner, arts and crafts, and fun games.

**Dates:** Call for Dates**Time:** 5:30-9:00pm**Ages:** 4-12 years old**Cost:** \$20 (\$8 for each additional child)**Location:** Starbird Youth Center